



LEEMING
PRIMARY SCHOOL

Important Information

- ❖ Canteen open Mondays and Thursdays.
- ❖ Canteen Order Bags can be collected from the School Office.
- ❖ Items can be ordered by filling out order bags with menu item/s required, child's name, teacher's name and room number.
- ❖ Place your orders into the blue Canteen Order bucket in your child's classroom between 8.30 and 8.50am.
- ❖ Remind your children if they have a query about their lunch order, bring it back to the Canteen so that it can be sorted out.
- ❖ Recess items can be purchased either by Cash or Canteen Tokens.
- ❖ The purchase of the Canteen Tokens can be done via Cash, Cheque, EFTPOS or Credit Card at the School Office or the Canteen (Mondays/Thursdays) at \$32 per sheet.
- ❖ Extra payment will only be returned if the amount exceeds 30 cents or more together with the Lunch Order. No Debit Notes will be issued.
- ❖ Anyone who can spare a few hours and wishes to help in the Canteen is welcomed to come along or contact the Canteen Co-ordinator, Sabrina De Silva – 0422 919 508.
- ❖ A Big Thank you to the Volunteers.

Healthy Eating Guidelines

WA Canteens must plan a healthy menu based on a food rating traffic light system. This system is based on the nutritional value of food according to fat, sugar and salt.

Each item in our menu has been colour coded for ease of identification and is in line with the WA Government Healthy Food and Drinks Choices Initiative and Star Choice Food Registration Program.

Red Foods— these foods are off the menu and not included at all.

Amber Foods— these foods are included in limited amounts and are selected carefully (a).

Green Foods— these are everyday foods and are low in fat, sugar and salt. They make up the bulk of our menu (g).



LEEMING PRIMARY SCHOOL CANTEEN MENU

Autumn/Winter 2017

Daily Lunch Items

Subs & Wraps

Egg & Cheese (g)	\$3.50
Ham & Cheese (g)	\$3.50
Chicken or Tuna & Cheese (g)	\$3.80
Cheese (g)	\$2.00
Add salad to the above (g)	\$0.60

(lettuce, tomato, carrot)

Subs & wraps can be toasted if requested



Salad Tubs

Egg or ham & salad (g)	\$4.20
Chicken or Tuna & salad (g)	\$4.50
Salad only (g)	\$4.00

(salad includes lettuce, tomato, carrot & cheese)



Tummy Fillers

Spaghetti Meatballs (g)	\$4.20
Home Made Macaroni Cheese (g)	\$4.20
Honey Soy Chicken & Rice (g)	\$4.20

All Time Favourites

Chicken nuggets (a) 2 pk	\$1.20
Chicken nuggets (a) 4 pk	\$1.80
Margherita Pizza (v) (g)	\$3.00



Yumday Monday

Mondays Only

Hot dog & sauce (a)	\$2.80
Nugget sub (a)	\$4.30

(3nuggets, lettuce & mayo in a roll)



Thursday Tempters

Thursday Only

Cruiser beef pie (a)	\$3.00
Sausage roll (a)	\$2.50
Sushi (g)	\$4.50

(Teriyaki chicken, vegetarian, combo or smoked salmon)



Note: Sushi orders must be pre-ordered and paid on Mondays in a separate lunch bag.



All Day Snacks

Slinky Apple (g)	\$0.70
Seasonal fruit (g)	\$0.60
Vege chips (a)	\$1.00
Popcorn (a)	\$0.60



Watch out for Super Specials throughout the term!!!

Recess Tuckers

Cookies (a)	\$0.50
Cheesie (g)	\$1.00
"The CheeseMite" New 	\$1.00
(Vegemite on toast with melted cheese)	
Warm Milo (a)	\$1.20
Combo	\$2.00
(Milo + Cheesie or "The CheeseMite")	
Hash Brown (a) New 	\$1.00
(Please pre-order)	

Drinks

Flavoured Milk (g) 300ml	\$2.00
(choc or berry)	
Juice Box (a) 250ml	\$1.50
(apple, orange or tropical)	
Glee Sparkling Juice (a) 200ml	\$2.50
(bubblegum flavour)	
Water (g) 600ml	\$1.50

Ice Creams

Olaf ice cream (a)	\$2.00
Vanilla bucket (a)	\$1.50
Paddle Pop (a) 	\$1.50
(choc or rainbow)	
Quelch stick (g)	\$0.80

Dressing

Mayonnaise (g)	\$0.30
Salad dressing (g) 	\$0.30
Tomato sauce (g)	\$0.30

(a) – amber
(g) – green
(v) – vegetarian